

Learning how to live gluten-free

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Learning how to eat gluten-free is actually quite simple, as long as you follow some simple principles.

- Schedule some quality time with an individual you know who is already living gluten-free.
- Take the time to print out a comprehensive list of foods that are gluten-free, or add a list to your cell phone for convenience.
- Take the time to print out or add to your phone a comprehensive list of foods that may have gluten hidden in it.
- Buy yourself a few top recommended gluten-free cookbooks or check recipe websites for gluten-free ideas.
- Subscribe to, "Living With Out" magazine.
- Join a co-op if one is available in your area.
- Go to your local grocery stores and ask for help finding foods that are gluten-free within your store. Do not be afraid to ask if they can bring in certain foods that you would like to purchase.
- Keep and carry a running list of the foods you have found that you wish to continue to purchase. Make careful, health-minded decisions realizing that not everything labeled "gluten-free" is also healthy. Items can still be very heavily processed and full of less-than-ideal ingredients.
- Download a gluten-free restaurant app on your phone to make eating gluten-free easier when going out to dinner.
- Try to find a licensed healthcare practitioner who is knowledgeable in gluten sensitivity. As you know, I am a certified gluten practitioner.
- As with almost every topic that you search for on the Internet, there are good sites and there are very bad sites. A basic rule, is to stick to the larger organizational sites and avoid the hundreds of personal opinions that are offered by others.